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DOCUMENTARY
FOLLOWING AMATEUR
SAILORS CAN BE VIEWED
WITH VIRTUAL REALITY
DEVICES **PAGE 16**



Former GG first female leader of la Francophonie

Michaëlle Jean to head international
French organization **PAGE 8**

Friends of slain Carleton student still in shock

No arrests made yet in death of
Tausif Chowdhury **PAGE 4**



A cyclist uses a segregated bike lane on Laurier Avenue Sunday. Only one out of 600 surveyed claimed to cycle more than 20 times a week instead of driving. TREVOR GREENWAY/METRO

Ottawa: More gas pedal than bike pedal

City Matters. Survey
finds locals don't bike as
much as you may think



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For a seemingly progressive city, Ottawa residents don't trade in their car keys for bike locks as much as you would think, as over 70 per cent of commuters say they never ride their bike instead of taking a car to get somewhere.

A new City Matters survey conducted for Metro by QMO Research asked 600 people how often they leave the car at home and hop on their bike and 367 of those said never.

Just one person claimed to ride a bike 20 times a week instead of taking a car, while less than two per cent said they would ride their bike a handful of times instead of taking the car.

When it comes to walking, Ottawa residents are bit more active, with about 11 per cent of people admitting to trading the keys for running shoes five

times a week.

But for a city as reputedly active as Ottawa, it's surprising that 28.7 per cent say they never walk to their destination.

The poll also looked at public transportation services in the city and over half of those polled said they didn't think the city is doing a good enough job to encourage commuters to take public transit instead of their own cars. The number is surprising, given that the city has initiated segregated bike lanes on several busy downtown streets and launched the iWalk iBike initiative to encour-

age more people to bike, walk and even skate to work using the Rideau Canal.

But the numbers suggest that city programs aren't enough. Fifty per cent of those polled say they never take public transportation over their car. A staggering 96.2 per cent said they take a bus instead of a car just 10 times a week or less.

The City Matters survey looked at everything from city cleanliness and the price of restaurant food to how satisfied residents are with snow clearing and policing.

Metro will be breaking

down the numbers in our City Matters feature all week long.

For more on Ottawa's attitudes toward cycling and safety see pages 6 and 11.

CITY MATTERS

→ In this series we listen to what you, the people of Ottawa, have to say on city issues.

→ For more on Ottawa's attitudes toward cycling and safety see pages 6 and 11.



No severance for Officer Darren Wilson

Ferguson cop who killed
Michael Brown did not get a
package when he resigned
over the weekend **PAGE 9**

I'm not cheap, I'm frugal!

Don't worry about what
others think about your
spending habits — Gail
Vaz-Oxlade says to focus on
your saving habits **PAGE 18**

30 years under the Rainbow

Family owned live-music
venue Rainbow Bistro
celebrates three decades in
business **PAGE 5**

Grey Cup rundown

Head to metronews.ca for
all the highlights from the
Stamps vs. Ticats showdown



Cyrville and Innes

**Road accident
in city's east end
leaves man dead**

A man in his early 20s is dead after being struck by a vehicle in the city's east end Saturday evening, paramedics say.

The collision happened at 6:37 p.m. at the intersection of Cyrville and Innes roads. Paramedics said the man suffered severe head trauma and had no signs of life upon their arrival. **JOE LOFARO/METRO**

Springfield, Beechwood

**Senior hurt after
being pinned
under school bus**

An elderly man suffered serious injuries when he was struck by a school bus on Friday afternoon.

Paramedics say the 81-year-old was pinned under the bus at Springfield Road and Beechwood Avenue after he was hit just before 4 p.m. He suffered injuries to his head, chest and leg. **LUCY SCHOLEY/METRO**

Lees Avenue

**Police say man
left in coma after
home invasion**

Ottawa police say a "violent home invasion", by two men at 180 Lees Ave. on Nov. 14 at around 8:30 p.m., left a man in a coma. One culprit hit the man with a hammer or crowbar, and a female tenant was blindfolded and bound. Anyone with information is being asked to call 613-236-1222 ext. 5116. **LUCY SCHOLEY/METRO**



Ottawa Tea Festival founder Kimiko Uriu stirs some dragon pearl green tea at the Tea Store at 53 York St. in Ottawa. **SEAN MCKIBBON/METRO**

Festival offering a cuppa to Ottawa

Ottawa Tea festival. Founder says event is not a trade show but more of an experience in the joys of the brew



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Taiko drums, Indonesian dancing, Thai music, lessons in traditional Japanese floral arrangement — if that sounds a bit more energetic than your regular tea routine, that's OK. There's a lot more to tea than your average cup of Red Rose.

"It's not really a trade show; it's more of an experi-

ence," says Kimiko Uriu, owner of Kimicha Tea and the founder of the four-year-old Ottawa Tea Festival, taking place Dec. 6 and 7 at the Library and Archives of Canada.

There will be workshops about Ayurvedic health, "Your Brain and Tea" and pairing tea with chocolate.

"When chocolate melts when you drink a hot beverage with it, it brings out and enhances the chocolate," says Uriu. "Let's say chocolate has a fruity note ... it brings out that. It's quite amazing."

Uriu said she became immersed in tea lore when she got a job several years ago with a Japanese tea company called Aiya. She said she got the chance to work on a tea

plantation, visit a factory and get a glimpse of the industry many people never see.

After her job there, she still found herself hunting for unique teas. Her friends began coming to her, asking where they could get the teas she would serve at home. An importing business was born, and she now works with local tea shops and also sells teas online.

When she and her partner moved to Ottawa and she decided to establish the tea festival, she said many people told her there wouldn't be enough interest.

"We had 600 people in our first year," she says proudly, adding that the festival has grown and is an event not

just for grown-ups, but kids too.

"It's a big deal in Japanese culture for kids. In restaurants they serve tea for free with your meal, but children are served water. So when they get to have tea, it's like it means they are growing up," Uriu explains.

So how detailed can tea get? Different teas should be steeped at different temperatures. Black tea is fine at boiling, but 80 C is ideal for green tea.

However, there's a simple solution: Uriu recommends pouring boiling water into one cup and then pouring that cup into a second cup and — voila! — 80 C without any waiting.



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Royal group ordered to hire guards for nurses

An Ottawa nurse is welcoming an interim Ontario Labour Board decision that has forced the Royal Ottawa Health Care Group (ROHCG) to hire trained security guards to protect nurses from violent patients at the Brockville Mental Health Centre's forensic unit.

The ruling, handed down Wednesday, comes after a serious attack at the forensic psychiatric ward on Oct. 10 in which a patient repeatedly stabbed a female nurse in the head and neck with a pen, nearly hitting her carotid artery.

The bloodied nurse was sent to hospital in critical condition, but is on the mend, according to the Ontario Nurses' Association (ONA).

"There was no one to intervene when our member was attacked," said Anne Clark, regional vice-

Quoted

"The Board will not allow cost to trump the safety of nurses and prevention of workplace violence."

Kelly Waddingham, vice-chair of the Ontario Labour Relations Board

president of the ONA, in an interview Sunday. "Why would you fight us on something that is a norm in most hospitals?"

The Royal Ottawa Health Care Group raised several concerns with hiring security guards, including the possibility of infringing on patients' Charter rights if guards lay their hands on a violent patient, as well as the increased cost of hiring a third-party security firm.

In her ruling, Kelly Wad-

dingham, vice-chair of the Ontario Labour Relations Board, wrote the hospital has a "statutory obligation" to protect the health and safety of its workers.

"The Board will not allow cost to trump the safety of nurses and prevention of workplace violence," wrote Waddingham.

Waddingham also said patients detained under the Mental Health Act already have limited rights to personal liberty.

The Board's order is temporary until it makes a final decision at an unspecified date.

Until then, the employer is required to "place an adequate number of properly trained security professionals" in the unit 24 hours a day to accompany nurses who care for violent patients.

The security guards will also be permitted to "place their hands on a patient and detain them, for the purpose of protecting themselves and the staff from injury," the board ruled.

Clark, who has been a nurse since 1980 and works at the Queensway Carleton Hospital in Ottawa, said she was "disappointed" by the ROHCG's attempts to block the order.

The ROHCG is currently on trial in an unrelated matter and was charged with violating Occupational Health and Safety regulations stemming from a violent July 2012 patient attack on a nurse at The Royal Ottawa Hospital.

JOE LOFARO/METRO

Follow Joe Lofaro on
Twitter @giuseppelo



Yummy Cookies employee Arden McAlpin, right, exchanges money with a customer for a package of baked goodies, Sunday, at the Ottawa Farmers' Market inside the Aberdeen Pavilion. SEAN MCKIBBON/METRO

Farmers' Market goes back home

At the 'Cattle Castle'.
President of the market said the first day back was 'fantastic'

The Ottawa Farmers' Market came back home to the Aberdeen Pavilion after three years away, while Lansdowne Park underwent a metamorphosis.

Sunday afternoon, patrons walked about the grounds of the sports, entertainment and shopping venue looking every bit like the artist's renderings handed out to media by the City and Ottawa Sports and Entertainment Group ahead of the redevelopment. But shoppers weren't just heading into the big box stores. Most were also walking in and out of the

beautiful old antique yellow building locals have dubbed the Cattle Castle.

Simmons Mercer, owner of 5 Cupcakes, grinned when asked about the day and said turnout was very good and comparable to the traffic she saw at the farmers' market prior to the renovations at Lansdowne.

"We were unsure coming back, just parking issues and things like that, but I think it's exceeded our expectations. It's beautiful and we're happy to be back. We loved it at Brewer (Park), it definitely served its purpose, but we're really happy to be home."

Andy Terauds, of Acorn Creek Garden Farm and the president of the market, said the first day back was "fantastic."

"It was at least as good as what we had before. Way bet-

ter than when we were at the EY Centre last year. Thing is, we had a snow storm every darn day last year," he said.

He said vendors and customers were apprehensive about the site's lack of parking, but he had heard virtually no complaints. There were some small problems with heating and electricity, but he said they were small logistical issues.

"Parking was our biggest concern, but that seems not to be an issue," he said.

Terauds said he thought the market and retail stores such as Whole Foods will have a synergistic effect, with both shopping spots drawing traffic.

"I think it's just a big bonus. As the only local organization here, we think we're adding something special," he said.

SEAN MCKIBBON/METRO



Anne Clark, regional vice president of the Ontario Nurses' Association, says nurses at the Brockville Mental Health Centre should be protected by trained security guards. PHOTO COURTESY OF GREGORY BENNETT/ONA

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Slaying of Carleton student leaves his friends in shock

Police investigating homicide. Queen's U chum says Tausif Chowdhury's death is 'a big shock'



JOE LOFARO
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Students at Queen's University are struggling to cope with news that a friend with whom they used to spend weekends playing video games and eating sushi was found dead last week in Ottawa.

Ottawa police identified Tausif Chowdhury, 23, as the victim of a homicide Saturday after passersby found his body lying near a footpath behind the South Keys transit station last Thursday.

Chowdhury, an international student, had studied engineering at Queen's but recently switched to Carleton University, according to his friend from Kingston, Mohaimen Hyder.

The major-crime unit is leading the investigation and has not made any arrests in the slaying, which, according to media reports, police suspect was a targeted attack.

Hyder, an economics student at Queen's, told Metro he was introduced to Chowdhury last year through a mutual friend.

They would often play cards and video games like FIFA and Tekken on Playstation and Xbox.

Two weeks ago, Hyder said he exchanged Facebook messages with Chowdhury, who said he liked being in such a "diverse" city like Ottawa.

"He said it's fine and he actually liked it better than Kingston," recalled Hyder, 21. "I congratulated him. I said, 'That's good. There's more Muslims over there, you have more halal food options.' And I was like, 'Yeah, it's a good thing you shifted to Ottawa.' That's what I was telling him."

It was on Facebook where Hyder learned the tragic news. He and his friends at Queen's are all in shock, he said.

"I have an assignment tomorrow and I have my finals next week and I still haven't been able to concentrate on my assignment properly."

Hyder said he was not aware if Chowdhury, who he described as more of a "homebody," had any enemies.

Police said they have notified Chowdhury's family, who live in Saudi Arabia, according to Hyder.

"My condolences for him and his family. I can't imagine the pain they're going through right now," he said. "He was a really good guy and a close buddy."

"It's still a big shock to me how this could happen."



Police are investigating the homicide of Carleton University student Tausif Chowdhury. FACEBOOK

And I honestly want the agencies to get the perpetrators and bring them to justice as soon as possible."

Anyone with information

regarding this investigation is asked to call the Ottawa police major-crime unit at 613-236-1222, extension 5493.

Anonymous tips can be submitted by calling Crime Stoppers at 613-233-8477(TIPS), toll free at 1-800-222-8477 or by downloading

the Ottawa police iOS app.

Follow Joe Lofaro on Twitter @giuseppelo



Campaign seeks funds for police misconduct website

A Carleton University criminologist and a magazine publisher want the public to know about the "thousands" of police misconduct cases in the country with an online database documenting every time a cop has crossed the line.

The pair have a Kickstarter campaign to fund the Police Misconduct Canada site that they say will expose "bad apples."

Criminologist Daryl Davies started researching police misconduct in 2011 and said data he uncovered was "stag-

gering."

"The number of cases filled binders," said Davies, who added he spent 25 years working as a parole officer and in other work with federal correctional services. He said of the 2,484 police misconduct cases in 2012, only 12.8 per cent were substantiated.

Davies was quick to say the site isn't for "police-bashing," but rather a mechanism to improve transparency and accountability.

Ottawa Life magazine publisher Dan Donovan said he

isn't worried about the site making public-police relations worse. More transparency and accountability will give the public more faith in cops, he argued.

When asked if there should also be a site to recognize all the good things that police do, Donovan said "no" because "it's their job."

Ottawa Police Association president Matt Skof, who has feuded publicly with Davies, doesn't think the site will actually make public-police relations any better and says it's just another medium for

Davies and others to criticize cops.

"We already have many layers of oversight, so it's a little disingenuous to say that this is a needed oversight," said Skof.

"I think that it's a pretty disingenuous statement to think that this is something that is going to create better relations for police. I think we all know the intent behind it."

Davies and Donovan are looking to raise \$75,000 by January. So far they have raised \$761.

TREVOR GREENWAY/METRO



Riot police get ready to deploy in Toronto during the G8/G20 Summits on June 25, 2010. NATHAN DENETTE/THE CANADIAN PRESS



Danny Sivyier, owner of the Rainbow Bistro, and his daughter Stacie. The family-owned bar turned 30 this month.

LUCY SCHOLEY/METRO

Ottawa's blues 'church' turns 30

Rainbow Bistro. Bar looks back on three decades of music and forward to a new generation of fans



LUCY SCHOLEY

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When Tony D started playing at the Rainbow Bistro with his band the Saints and Sinners in 1984, mostly blues and smoke filled the live-music venue.

Saturday night the guitarist was strumming with his Juno award-winning blues band MonkeyJunk for the Ottawa bar's 30th birthday bash.

Three decades on, the Sivyier family is still at the helm and cigarette burns still stain the oak bar. Although blues music has dominated this month's special anniversary lineup, that's not usually the case. Metal, burlesque and reggae nights are now regular shows.

"We have as many musical genres as there are colours in the rainbow," joked Danny Sivyier.

A real-estate broker who also has more than 30 years

of bartending experience, Sivyier said the thought of opening his own live-music venue arose during his honeymoon with wife Cathy in 1981. They visited their friend Ron Knowles and started chatting about running a bar over drinks.

It was not until three years later that Knowles came back to Ottawa and approached Sivyier with 76 Murray St. as a contender.

Coincidentally, Sivyier had already looked at the venue for a separate sports-bar idea. He already had the floor plans drawn up and a copy of the lease. The pair decided it was fate and signed a 10-year lease the next day.

It was a busy year for the family. Sivyier turned 30, the couple bought a house and gave birth to their son, Jesse, who now bartends at the Rainbow.

Their daughter, Stacie, who was three at the time the bar was established, now does most of the band bookings and also tends bar on weekends.

She remembers afternoons watching live music, peering through the cast-iron railing upstairs. She watched her dad do magic tricks for the patrons and later became his magic assistant.

"I didn't know who I

would be without the Rainbow," she said. "It's such a part of my identity."

The bar saw a few big acts in their early years, including The Tragically Hip, Blue Rodeo and Jeff Healey.

Nobody had heard of k.d. lang when she first played at the Rainbow in a wedding dress as a reincarnation of Patsy Cline.

"We paid k.d. lang \$300 a night," said Sivyier. "Now it's \$300 a ticket for k.d. lang."

The Sunday afternoon regulars called the bar their "church." A few female bartenders left their jobs to marry musicians they met at the Rainbow. Nowadays, some patrons tell the Sivyiers it's thanks to the Rainbow that their parents met.

The smoking ban in 2001 hurt Ottawa's bar scene, and the Rainbow almost closed. Four years later, they finally started climbing out of debt, said Danny.

"It never came back 100 per cent but it came back enough to keep the bar going," he said.

Stacie adds: "Now it's been 13 years, and there's a whole new generation of people who don't even know what it's like to sit at a bar, have your drink and watch your band and smoke all the time."

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Drivers first in Ottawa: Survey

Respondents to the 2014 City Matters survey were asked how often they ride a bicycle instead of using a car and how they view dangers on the road

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CITY MATTERS

→ This is the first in a five-part series in which we hear what you, the people of Ottawa, have to say on city issues.
→ On Tuesday, we look at your thoughts on food trucks and restaurants.
→ Tweet your views with the hashtag #citymattersOttawa.
→ More online at metronews.ca.

We've all seen it: a cyclist whizzing through a red light or rolling through a stop sign while the rest of us cars have to wait for green.

It angers drivers, putting them in fits of rage as they pound their steering wheels or yell obscenities while pumping their fists out the window.

In fact, it angers them so much that drivers in Ottawa would rather watch a car speed through a school zone than see a cyclist disobey a red light.

A new City Matters survey conducted for Metro by MQO Research showed that just over 56 per cent of those polled felt that a bicyclist who does not obey signs or traffic lights was a bigger safety hazard than a speeding car in a school zone.

Surprising? Not for the Citizens for Safe Cycling vice-president Craig deVries, who says there is a driver-first mentality on Ottawa roads.

"I think there is a larger societal expectation that roads are built for drivers and so drivers should never be inconvenienced by other road users," said deVries.



A police officer attends the wreckage-strewn scene of a fatal collision involving a pickup truck, left, and a cyclist on Sept. 5, 2012. MIKE CARROCCETTO/FOR METRO

Survey says ...

Survey participants were asked about behaviours of drivers vs. cyclists:

- 56 per cent of those polled think a cyclist not obeying traffic lights and sign is more dangerous than a car speeding through a school zone.

- 40 per cent of those polled think a car speeding through a school zone is more dangerous.

- 60 per cent of those 55 and older thought the cyclist was most dangerous.

"The roads we have today are built only for cars, with only an afterthought to pedestrians and cyclists."

University of Ottawa law professor, avid cyclist and

co-author of Every Cyclist's Guide to Canadian Law Craig Forcese admitted that while he doesn't shake his fist out his window, he does get angry when cyclists dis-

Two wheels over four

0.9

The average number of times a week people surveyed said they use a bike instead of a car

regard road rules.

"I get upset because, a) it gives all cyclists a bad name; b) because that person may put themselves at risk, but if I am the one who hits him, I will never be the same again; c) it's not entirely clear that they are only putting themselves at risk," he said.

Reader comment

"I take responsibility and control for where I am on the road, choose which roads to ride on and when, and ensure that I can see and predict what motorists are going to do around me ... I've witnessed very few fellow cyclists who do the same."

Stephen Bles, who describes himself as an avid cyclist and says cyclists who don't ride safely are gambling with their lives and other motorists shouldn't have to pay for extra infrastructure to protect them.

Stop signs

Some laws unsafe for cyclists: Prof

Not all cyclists are disobeying the rules just because they want to or because they're in a rush. Many are doing it for safety reasons, said University of Ottawa law Prof. Craig Forcese.

Some current Canadian rules and traffic signs — namely stop signs — actually put riders in danger, he said.

Forcese said most cyclists disregard stop signs and he wonders whether Ottawa should adopt the Idaho Model, where cyclists are allowed to yield at stop signs.

"A cyclist is most vulnerable at the deceleration and especially the acceleration phase," he said.

"A two-wheeled vehicle, generally, is less manoeuvrable and more prone to erratic weaving when you are not under power, so the more of those stop signs you have to do, the more that you are at a speed when you are most vulnerable."

Forcese isn't sure why drivers get so enraged when cyclists disobey rules even when their actions will not affect a driver close to them. He suggested it's because we live in a "fairly law-abiding society," and when people witness another blatantly disobeying the law, they take offence.

TREVOR GREENWAY/METRO

Sex

0.8

Men are slightly more likely to use a bike than women, with the average being once a week for men and 0.8 times a week for women



Age

18-34

18- to 34-year-olds were most likely to use a bike once a week while those 55 and over used a bike 0.7 times a week



Education level

1.2

1.2 times a week is how often people with post-graduate degrees said they use a bike. People with high school education were slightly more likely to use a bike at 0.8 times a week than university or college grads at 0.7 times per week.



Income

\$50K-\$74K

\$50,000 to \$74,000 was the income of people who use bikes the most often — 1.2 times a week. People earning less than \$25,000 were least likely to use a bike at 0.6 times a week.



Walking

3.9

3.9 times per week is how often people said they would walk instead of use a car to get somewhere.



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Former Gov. Gen. Jean named first female leader of la Francophonie

'A great reflection on our country.' Michaëlle Jean will replace Abdou Diouf, who stepped down after 10 years in the position

Former governor general Michaëlle Jean has been named the first female leader of Organisation Internationale de la Francophonie (la Francophonie), and says its members must work closely together to ensure prosperity and stability.

While the organization has concentrated largely on cultural issues over the years, Jean signalled on Sunday that more emphasis will be put on economic matters.

"One of the most ambitious and daring objectives that la Francophonie has ever set for itself is the idea of an economic Francophonie," she told a news conference after being named by consensus at a summit of its members in Dakar, Senegal.

"We need to work together,

Cultural diversity

"(Jean) exemplifies the cultural diversity of la Francophonie. She is a consensus builder who can represent the interests of francophones around the world."

Brian Gallant, New Brunswick Premier

unite our efforts, especially as countries want growth, prosperity and development, knowing for example that a crisis in Mali is not (just) a Malian crisis."

She said a sharply focused economic strategy can provide "new relevance for la Francophonie."

Jean, 57, was up against four other candidates at the summit of la Francophonie, whose 57 members include Canada, Quebec and New Brunswick. She will replace Abdou Diouf, who stepped down after more than 10 years in the position.

Prime Minister Stephen Harper, who attended the meeting with Quebec Premier

Philippe Couillard and New Brunswick's Brian Gallant, congratulated Jean and pointed out that Canada is the second biggest contributor to the organization.

"Obviously, all Canadians are very proud that our fellow citizen, former governor general Michaëlle Jean, will be succeeding Abdou Diouf as secretary general of la Francophonie," Harper told a news conference.

He said her victory also cast Canada in a positive light.

"It's a great reflection on our country, on the role we play in the francophone world, internationally, and the recognition of the importance of the French fact and the French reality in our own country."

Couillard hailed Jean, who was governor general between 2005 and 2010, as perfect for her new job.

"Michaëlle Jean is the incarnation of this new vision of la Francophonie: modern, young and dynamic," he said.

The next summit of la Francophonie will be held in 2016. **THE CANADIAN PRESS**



Secretary-General of la Francophonie Abdou Diouf raises the hand of former governor general Michaëlle Jean as she celebrates upon being chosen as the new Secretary-General of la Francophonie during the international group's summit in Dakar, Senegal on Sunday. SEAN KILPATRICK/THE CANADIAN PRESS

Israeli-Canadian woman reportedly kidnapped by ISIL

An Israeli newspaper report says Islamist websites are claiming extremists have kidnapped an Israeli-Canadian woman who joined Kurdish fighters overseas.

The Jerusalem Post says reports of Gill Rosenberg's capture surfaced Sunday on websites "known to be close" to extremists from the Islamic State of Iraq and the Levant (ISIL).

The newspaper says the websites give few details

on the alleged kidnapping, only that it occurred after three suicide attacks on sites where Kurdish fighters were holed up.

A spokesman for Foreign Affairs says the government is aware of reports a Canadian citizen was kidnapped in Syria and is "pursuing all appropriate channels to seek further information."

Clashes between ISIL and Kurdish troops have largely

focused on the Syrian city of Kobani, near the Turkish border.

The now-notorious al-Qaida splinter group is in control of large swaths of territory in both Syria and Iraq.

Messages of concern were posted Sunday on a Facebook profile belonging to a Gill Rosenberg. An earlier message asked for advice on joining the Kurdish army.

THE CANADIAN PRESS

Saudi Arabia

Canadian man stabbed by Saudi local: News agency

The official Saudi Press Agency says a Canadian citizen was stabbed by a local

man while he shopped in a mall with his family in the country's oil-rich Eastern Province.

The news agency, quoting a police spokesman, says the victim was transferred to a hospital Saturday afternoon.

Police say they have arrested the Saudi man and are investigating the motive

for the attack.

The attack comes one week after a gunman shot a Danish citizen in his car in the capital, Riyadh.

Canada, Denmark and Saudi Arabia are members of the U.S.-led coalition conducting airstrikes against Islamic State group fighters.

THE ASSOCIATED PRESS

List of demands

Prentice to discuss Energy East with Ontario, Quebec

Alberta Premier Jim Prentice is scheduled to meet with his Ontario and Quebec counterparts this week to lobby for support of the Energy East pipeline.

A spokeswoman says Prentice is to meet Quebec's Philippe Couillard on Tuesday and Ontario Premier Kathleen Wynne on Wednesday.

Both eastern premiers have a list of demands about the proposal. They want contingency plans and emergency response programs in place, consultations with First Nations and consideration of environmental impact and greenhouse gas emissions.

Wynne said she reached out to Prentice last week so he understood the principles that Ontario and Quebec want considered in the approval process for the proposed \$12-billion pipelines in Eastern Canada.

THE CANADIAN PRESS

D-rating

Canada lagging on animal protection: new global index

Archaic anti-cruelty legislation and weak transportation laws are among the reasons for Canada's mediocre ranking when it comes to animal protection, according to a global assessment by World Animal Protection.

Overall, Canada gets a D rating on the animal protection index, which rates 50

countries on a scale of A to G on the strength of their policy and legislative commitments to animal welfare and protection.

Criminal Code anti-cruelty law remains largely unchanged since it was drafted more than a century ago, said spokeswoman Melissa Matlow. The legislation, she said, still brands animals as property.

According to the assessment, another key area of weakness relates to rules around farm animal transport. **THE CANADIAN PRESS**

Unwilling to relocate

Mental health staff for remote posts tough to find: DND documents

National Defence's pool of candidates for vacant mental health positions dried up quickly last spring when civilian recruits were told they would have to relocate to far-flung military outposts.

Critics say that underlines the need to recruit uniformed psychiatrists, psychologists

and counsellors. Briefings and documents show how officials scrambled to fill 54 vacant staff jobs amid a high-profile crisis where as many as 10 soldiers and veterans took their own lives within a three-month period.

"We anticipate a minimal number of offers to be issued because those qualified individuals remaining in the pool are not interested in the work locations are unwilling to relocate," said a document prepared by the assistant chief of military personnel.

THE CANADIAN PRESS



Chili diner stands by Cosby despite sex assault allegations

Ben's Chili Bowl restaurant is seen in Washington, D.C. on Saturday. There's an old diner in the U.S. capital that's as beloved for its chili dogs as it is for its survival, having withstood devastating riots and economic lean years. Now it's standing by Bill Cosby, its longtime customer whose face is plastered all over the place. Cosby has been eating at Ben's Chili Bowl for over a half-century. In fact, he's part of the decor. A huge mural outside has his face on it; the wall inside has his photos up; and there's a sign behind the cash register that says he eats for free. That won't change with a string of sexual-assault allegations. The owners say they have no plans to scrub Cosby off the walls or the sign behind the cash that says, "People who eat free: Bill Cosby, President Obama/Family. And no one else." ALEXANDER PANETTA/THE CANADIAN PRESS

Ferguson cop did not get severance

Michael Brown.

Darren Wilson left the city's force after threats against him stirred fears of police, community safety

Ferguson police Officer Darren Wilson did not receive a severance package when he resigned over the weekend, the St. Louis suburb's mayor said Sunday.

Wilson, 28, won't receive any further pay or benefits, and he and the city have sev-

Quoted

"In terms of what it (the resignation) means, it means at this point he doesn't have a paycheque. He has no income so he'll have to make some decisions pretty quickly."

Neil Bruntager, Darren Wilson's lawyer

ered their ties, Mayor James Knowles told reporters a day after Wilson tendered his resignation, which was effective immediately.

Wilson, who is white, had been on administrative leave since he killed Michael Brown, an unarmed black 18-year-old, during an Aug. 9

confrontation. A grand jury decided Monday not to indict him, sparking days of sometimes violent protests in Ferguson and other cities.

Wilson wrote in his resignation letter that his "continued employment may put the residents and police officers of the City of Ferguson at

risk, which ... I cannot allow."

His lawyer, Neil Bruntager, told The Associated Press that Wilson decided to step aside after police Chief Tom Jackson told him about the alleged threats on Saturday.

"The information we had was that there would be actions targeting the Ferguson (police) department or buildings in Ferguson related to the police department," Bruntager said.

He said Wilson, who had worked for the department less than three years, and the city was already discussing an exit strategy.

THE ASSOCIATED PRESS



Pope Francis FILIPPO MONTEFORTE, POOL/
THE ASSOCIATED PRESS

Pope hopeful for reunification

Pope Francis said Sunday he is ready to go anywhere, anytime to meet with the head of the Russian Orthodox Church — even while acknowledging that he doubts the day will ever come that Catholic and Orthodox theologians will agree to end the 1,000-year schism.

Francis spoke to reporters Sunday en route home from

Turkey, where he made a remarkable gesture of deference to the spiritual leader of the world's Orthodox Christians by bowing down to receive his blessing. Francis also assured Turkey's Orthodox community that the Catholic Church wouldn't force the Orthodox to give up their patrimony on the path to unity.

Asked about prospects of meeting with Patriarch Kirill, head of the Russian Orthodox Church, Francis said both wanted to meet.

"I said I'll go wherever you want — you call me and I'll go. And he also has the same desire," Francis said. "We do want to meet. We want to go forward." THE ASSOCIATED PRESS

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Nearly 1,000 gay rights activists marched during Sunday's gay rights parade in New Delhi, India, demanding an end to discrimination against gays in India's deeply conservative society. TSERING TOPGYAL/THE ASSOCIATED PRESS

India rallies for same-sex equality

'We feel our rights are being violated.' Thousands of India's gay rights activists marched in New Delhi to end discrimination

Nearly 1,000 gay rights activists marched through central New

Delhi Sunday to demand an end to discrimination against gays in India's deeply conservative society.

Holding balloons, flags and placards, activists and their supporters sang songs and danced to the beat of Indian drums as they held hands and walked in the annual rally.

Indian gays are demanding that the government remove a colonial-era law banning same-

sex relations. India's Supreme Court last year reversed a lower court order that decriminalized gay sex, a decision originally made in 2009.

"Living in India, a democratic country, we feel our rights are being violated as we are not allowed to live as we want," said Rudrani Chettri, a gay man wearing a red and black sari, the dress typically worn by Indian women. **THE ASSOCIATED PRESS**



Police, protesters clash in Hong Kong

Police officers throw a pro-democracy protester on the main road outside government headquarters in Hong Kong on Sunday. Hundreds of pro-democracy protesters faced off with Hong Kong police late Sunday night, stepping up their movement for genuine democratic reforms after being camped out on the city's streets for more than two months. **KIN CHEUNG/THE ASSOCIATED PRESS**

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Reformed. Ex-thief now advocating anti-AIDS message through music

The dreadlocked 26-year-old, a reformed thief and one-time drug peddler, Hood Katende is now an anti-AIDS activist in his Kampala slum. Through his music, he urges young men to wear condoms if they can't avoid premarital sex and encourages teenage girls to reject sexual advances by older men with money.

"At night you find boys waiting for girls to rape, and I go to them and I try to talk to them not to do it," Katende said. "I used to be with them, smoking weed the whole day in the ghetto and moving around at night. I was a member of a gang, but now they see that I have changed day and night."

As World AIDS Day is marked Monday, Katende is trying to stem a troubling resurgence in Uganda of HIV, which now infects more than 500 young women between the ages of 15 and 24 each week, according to the Uganda AIDS Commission.

"Infections are going back up again, and we need to get back to the drawing board as young people and see what relevant techniques we could use if we are going to a school outreach," said Lawrence Mukibi, a youth co-ordinator at the community's Treasure Life Centre. "That's the reason why we are working with (Katende). If you don't integrate music, if

you don't integrate drama into the message you are trying to carry out forward, some people may not realize how grave the situation is." **THE ASSOCIATED PRESS**



Reformed thief and ex-drug peddler Hood Katende is now a respected anti-AIDS activist.

REBECCA VASSIE/THE ASSOCIATED PRESS

U.S. couple barred from leaving Qatar

An American couple cleared Sunday by a Qatari appeals court of wrongdoing in the death of their adopted eight-year-old daughter has been barred from leaving the Middle Eastern country just hours after they were told they were free to go.

Matthew and Grace Huang were stopped from exiting the conservative Gulf nation and had their

passports confiscated as they tried to pass through airport immigration control in the capital, Doha, said family representative Eric Volz, who is travelling with them. The unexpected delay adds a new twist to a closely watched legal saga over the death of their adopted daughter, Gloria, that may have stemmed from cultural misunderstandings in the

conservative Gulf nation.

The Los Angeles couple had been banned from leaving the energy-rich OPEC nation while their case made its way through the courts, but the appeals court ruled Sunday they were free to leave after the presiding judge overturned a child endangerment conviction against them.

THE ASSOCIATED PRESS

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Monday, December 1, 2014

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VOICES

COMING UP IN VOICES: YOU

We asked you who you consider more dangerous: an idiot on a bicycle who doesn't believe traffic laws apply to cyclists or a lead-footed driver in a school zone. Your answers may raise a few eyebrows.



STEVE COLLINS
ottawa@metronews.ca

You may have noticed some changes to this page lately. We're shuffling the furniture a bit in hopes that you'll make yourselves more at home.

In addition to a weekly heads-up on important coming events, we're making room for letters and reader-submitted photos, so you can not only tell us how you see things in your city, but show us.

We've also been asking you some questions. Metro commissioned MQO Research to quiz 600 Ottawa residents about life in the city and things such as safety, recreation, city services, what attributes make a city liveable, and how our city measures up. You'll be hearing more about the results this week in Metro, but we had a quick look and spotted a couple of intriguing responses.

Here's one: Respondents were asked which they considered more of a safety hazard: a car speeding in a school zone or a cyclist who doesn't obey signs or traffic lights. Opinion split pretty sharply on this one, but the hypothetical idiot on the bike (56.3 per cent) edged out the hypothetical idiot in the car (40.1) as the greater menace.

Mine's just another opinion, but I'm with the minority on this question. I'm generally more worried about idiots in cars because their mis-



A police officer and Carleton University engineering students watch last April as a car collides with a bicycle and crash test dummy in an engineering experiment. LUCY SCHOLEY/METRO

takes happen faster, weigh more and hit harder. Excessive speed also trips my alarms.

A couple of years ago, Ontario's chief coroner looked at the 95 pedestrians killed on Ontario streets in 2010, eight of whom died in Ottawa. Of the fatalities, 67 per cent occurred in areas with speed limits above 50 km/h, and only five per cent

where the limit was below. The report, which deemed every single one of those pedestrian deaths preventable, recommended reducing the default speed limit from 50 to 40, and to 30 in residential areas. That hasn't happened.

Similarly, the coroner looked at the province's 129 cycling deaths between 2006 and 2010 and

noted that only 27 per cent of those killed had been wearing helmets. The coroner then prescribed mandatory helmet laws for all riders, like those in B.C., New Brunswick, Nova Scotia and P.E.I. This also hasn't happened.

Some survey respondents might simply consider drivers more accountable: 39 per cent thought cyclists should be required to have licences (54.1 per cent disagreed). The way in which you typically travel might also affect how you answer the cyclist-vs.-motorist question. I'm usually on foot, and from my curbside vantage, I'm a lot more worried about cars than bikes.

When I'm driving, however, I suddenly notice more inattentive pedestrians and reckless cyclists. Our tendency to blame the other guy as the source of all traffic stupidity is all too human.

How you answer a question must also depend on how you interpret it, and the survey only asked which posed the greater safety hazard without specifying to whom. The cyclist running red lights might be a greater danger to himself than a slightly speeding motorist is to others.

By an awful coincidence, though, we lost a cyclist Thursday morning and a pedestrian Saturday evening. Both were hit by motor vehicles. It's pretty clear to me who usually comes out second-best when different modes of travel collide: whoever is outside the car.

World AIDS Day



DEVASTATION SPURRED US INTO ACTION

Dr. Julio Montaner

Dr. Julio Montaner, the world-renowned AIDS researcher and director of the British Columbia Centre for Excellence in HIV/AIDS, remembers what it was like to walk the streets of Vancouver at the height of the outbreak in the 1980s and '90s.

"The first decade or two was really devastating. It was a bit scary to walk down Davie Street," said Montaner, referring to the city's gay district. "There was a lot of AIDS walking around, a lot of sick people."

At that time, patients — mostly gay men, then — were being ostracized, discriminated against and stigmatized. For Montaner, it was the sight of real human suffering on the streets and the chance to learn from advocates that helped turn the tables and change the culture surrounding the disease.

"It had an effect on you," said Montaner, chief architect of the UN's new 90-90-90

strategy to end the AIDS epidemic by 2030.

Much of the fear and paranoia in the gay community gave way to tolerance and education, allowing researchers and health-care workers to attack the virus. Patients are living longer lives thanks to Montaner and his team, who championed advances in the form of highly active antiretroviral therapy (to reduce viral loads) and the Treatment as Prevention model (to cut the spread of the disease). The latest advancement is a regimen of drugs that can be taken proactively, preventing patients (those that can afford it) from contracting the virus. As a result, new AIDS cases in Canada have dropped 90.6 per cent since 1993, when the country reported a record 1,833 cases.

Montaner has been calling for the federal government to adopt his strategies on a national level to reach affected and often marginalized groups.



SHIFT DOESN'T EXTEND TO THOSE HIT HARDEST

Jessica St. Jean

Despite the medical progress being made treating patients and reducing the spread of HIV/AIDS, cultural stigmas still prevent many populations from accessing proper education, testing and medical services.

"HIV, in the minds of people, is as serious as it has ever been," said Jessica St. Jean, manager of the indigenous education program at YouthCo, a Vancouver organization that strives to reduce the impact of HIV among youth.

"There is still so much stigma and fear around sex and sexuality and HIV."

While gay communities in urban centres have plenty of education and medical resources available to them, other demographics aren't so lucky.

First Nations, gay people in rural communities, drug addicts and sex-trade

workers are underserved and even criminalized in many cases.

"(Yet) marginalized populations are the ones most affected by HIV," said St. Jean.

For example, the rate of positive HIV test reports in Saskatchewan has suddenly skyrocketed to 17 per 100,000 people as of 2012, three times the national average.

That spike is largely attributed to drug use within aboriginal communities.

"Just getting tested is a barrier outside the cities," said St. Jean, adding education is woefully lacking, along with resources.

"I'm indigenous and come from a small town; it's well known if you go to a hospital you won't be treated as well because of the colour of your skin."



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BUSINESS

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'Make or break'. Retailers linking online to traditional holiday ad campaigns

Retailers spend millions over the holiday period to get consumers to open their wallets.

But those advertising campaigns are increasingly allocating more funds to target online shoppers, in addition to traditional newspaper ads, radio and television commercials and glossy catalogues. Retail sales in Canada are expected to hit \$46.8 billion in December, up five per cent from last year, according to a study released by Colliers International. That makes the holiday period "make or break" for retailers. "They want to have their mes-

40 per cent of annual sales

For Indigo Books & Music, holiday sales account for up to 40 per cent of the book and gift seller's annual sales — about the same proportion of its annual marketing budget.

sage available (online), and it's basically fishing where the fish are," David Rosenberg, chief creative officer at advertising and marketing firm Bensimon Byrne. **THE CANADIAN PRESS**

U.S. survey

Black Friday's mojo threatened

A survey of shoppers released Sunday by the National Retail Federation shows how early discounting, more online shopping and an improving economy have fewer people shopping on the weekend that

kicks off holiday shopping.

Overall, 133.7 million people shopped at stores and online over the four-day holiday weekend, down 5.2 per cent from last year, according to a survey of 4,631 consumers. Total spending for the weekend is expected to fall 11 per cent to \$50.9 billion from an estimated \$57.4 billion last year. **THE ASSOCIATED PRESS**

U.S. case to probe limits to free speech on the Internet

Social media.

Pennsylvania man convicted after posting rap lyrics on Facebook about his estranged wife

Anthony Elonis claimed he was just kidding when he posted a series of graphically violent rap lyrics on Facebook about killing his estranged wife, shooting up a kindergarten class and attacking an FBI agent.

But his wife didn't see it that way. Neither did a federal jury.

Elonis, who's from Bethlehem, Pa., was convicted of violating a federal law that makes it a crime to threaten another person.

In a far-reaching case that probes the limits of free speech over the Internet, the Supreme Court on Monday was to consider whether Elonis' Facebook posts, and others like it, deserve protection under the First Amendment.



Pennsylvania man Anthony Elonis was convicted of violating a U.S. federal law that makes it a crime to threaten another person after posting a series of graphically violent rap lyrics on Facebook about killing his estranged wife. **AFP/GETTY IMAGES**

Elonis argues that his lyrics were simply a crude and spontaneous form of expression that should not be considered threatening if he did not really

mean it. The government says it does not matter what Elonis intended, and that the true test of a threat is whether his words make a reasonable

Rap lyrics

"There's one way to love you but a thousand ways to kill you. I'm not going to rest until your body is a mess ..."

A Facebook post by Anthony Elonis about his estranged wife

person feel threatened.

The case has drawn widespread attention from free-speech advocates who say comments on Facebook, Twitter and other social media can be hasty, impulsive and easily misinterpreted. They point out that a message on Facebook intended for a small group could be taken out of context when viewed by a wider audience.

Elonis was convicted of making threats of violence and sentenced to nearly four years in federal prison. A federal appeals court rejected his claim that his comments were protected by the First Amendment. **THE ASSOCIATED PRESS**



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The Polar Sea follows amateur sailors through the Northwest Passage in a 10-hour TV documentary and an interactive online video and magazine. CONTRIBUTED

See Arctic voyage on TV, online or in virtual reality

Multimedia. The Polar Sea borrows Netflix strategies as it tracks amateur sailors on journey through the Northwest Passage

It's a 10-part TV documentary series, an interactive web doc, an online magazine and an experiment in the emerging field of virtual reality.

The producers behind The Polar Sea, which follows a trio of middle-aged amateur sailors on an ambitious and arduous voyage through the Northwest Passage, don't really care how you experience their investigation into climate change.

But they are proud that the documentary, is getting so much airtime — on TVO in Ontario starting on Monday. New episodes air every weeknight for two weeks.

The series will also be available for all Canadians to stream at tvo.org/polarsea. Borrowing a strategy from Netflix, all 10 episodes will go online on Monday for binge watchers.

It was decided early on that the TV doc would be just one part of the story, says producer Kevin McMahon of

Toronto-based Primitive Entertainment, who notes that the Canada-German co-production involved five film crews shooting over the course of four months.

"I think everybody in this business is now looking at finding a way to speak to as broad an audience as possible and, increasingly, that means speaking through different platforms. We're trying to offer as many doors into the story as we possibly can."

Digital production company Deep 360 created an interactive 30-minute online companion documentary, with 360-degree video. In a web browser, users can zoom, pan up or down, or spin the camera angle around as the documentary plays. In one incredible scene, viewers are on a beach as the Northern Lights glow overhead.

"Everyone had this wish to create something on the interactive side in tandem with the series that would allow people to actually experience the Arctic," says Deep 360 founder Thomas Wallner, who adds that the online documentary has its own story, characters and footage that are independent of the TV doc.

"We never use the words 'climate change' in the story

Climate change

Producer Kevin McMahon says the doc looks at climate change through the Arctic because it's changing faster than anywhere else in the world. "Ten or 15 years ago, it would've been impossible for me or you to sail through the Northwest Passage, but if you're an amateur sailor, now that's your goal. It's become like the new Mount Everest; something people want to test themselves against."

ever, it's about experiencing the Arctic and experiencing the changes through people's eyes, it's not about hitting people over the head with a heavy-handed message."

The interactive documentary is also compatible with soon-to-be-released virtual reality devices, including the Facebook-owned Oculus Rift and Samsung's Gear VR.

Virtual reality early adopters will be eager to get their hands on content for those devices, which should expose The Polar Sea to new audiences worldwide.

"It's the right place at the right time for sure, but it was

a strategy from the beginning," says Wallner. "There may be an audience coming into this that doesn't necessarily care about climate change or the Arctic but they'll be brought into it (by the technology)."

For those who want to go really deep into the subject, there's also an interactive online magazine — available in English, French or German.

McMahon says viewers who take in the documentary — in any of its forms — may be surprised by how much debate there is about the future of the Arctic.

"What we found, interestingly enough, is they're split. A lot of them are worried about what it's going to do to traditional culture," he says. "On the other hand, a lot of them are interested in what opportunities it opens up for them."

"Whatever will happen in the Arctic — whether global warming continues to undermine the subsistence culture or whether it gives them opportunities to transform into a more industrial culture, with more mining and oil wells and so on — all of that is going to be decided by people who live in the Arctic. Or at least they're going to have a voice in it," McMahon says.

THE CANADIAN PRESS

DVD review



Dawn of the Planet of the Apes

Director. Matt Reeves

Stars. Andy Serkis, Jason Clarke, Gary Oldman

Dawn builds on Rise of the Planet of the Apes (2011), picking up the prequel story about a decade after mankind has been devastated by a simian flu unleashed just as smart apes have revolted against human oppressors.

Andy Serkis again stars as lead ape Caesar, the most intellectually and emotionally evolved of the apes, having grown not just as a rebel and leader but now also as a father and family figure.

Caesar can understand the need of the surviving band of humans — led by Jason Clarke and Gary Oldman — to restore order by reactivating a hydro power plant in ape territory outside a ruined San Francisco. But rivals amongst both apes and humans conspire against him.

The Hundred-Foot Journey

Director. Lasse Hallström

Stars. Helen Mirren, Om Puri, Manish Dayal

Welcome to Lassetopia, the mythical world inhabited by filmmaker Lasse Hallström where the sun always shines, except for brief pauses when nurturing rain kisses the ground. Lassetopia is a place much like we find in The Hundred-Foot Journey, an act of foodie fantasy adapted from Richard Morais' bestseller.

This movie offers love and romance in two enticements: for the film's delightful characters, ably led by Helen Mirren, Om Puri, Manish Dayal and Canada's Charlotte Le Bon, and also for the mouth-watering array of delectable dishes.

PETER HOWELL

METRO DISH

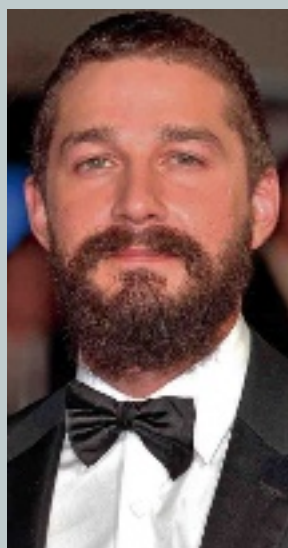
OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Shia LaBeouf says he was raped at art gallery

NED EHRBAR
Metro in Hollywood

Hey, remember earlier this year when Shia LaBeouf set himself up in a Los Angeles art gallery with a bag over his head to have staring contests with strangers for five days? Well, the actor says he was raped during the show. "One woman who came with her boyfriend — who was outside the door when this happened — whipped my legs for 10 minutes and then stripped my clothing



and proceeded to rape me," LaBeouf says in an email interview with Dazed and Confused magazine. "Then

(she) walked out with her lipstick smudged to her awaiting boyfriend who I imagine was quite hurt by it." To make things even more absurd, this happened when his girlfriend, Mia Goth, was coming to visit the show and he couldn't talk to her about it. "It was Valentine's Day and I was living in the gallery sleeping in a sleeping bag for the duration of the event," he explains. "We were separated for five days. No communication. So it really hurt her as well as I guess the news of it travelled through the line. She was only about 25 people back. When she came in she asked for an explanation and I couldn't speak so we both sat with this unexplained trauma silently. It was painful."



Mickey Rourke PHOTOS: GETTY IMAGES

Mickey Rourke's dubious boxing victory

A nearly unrecognizable Mickey Rourke took to the ring at age 62 to defeat a 29-year-old opponent during a boxing match in Russia over the weekend. If it all sounds too good to be true, that's because it probably is. Footage from the bout shows Rourke leveling former California Golden Gloves champ Elliot Seymour with a couple of suspiciously weak-looking blows. Rourke had a three-year boxing career that ended more than 20 years ago, and he says this victory is just the beginning, as he has another four fights planned.

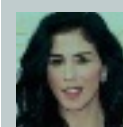
Shake It Off, Matt: Taylor might still want you

Maybe you've never heard of British band The 1975, but apparently it's a thing and it has a lead singer named Matt Healy, who recently met Taylor Swift. And things apparently went really well — though Healy might have just ruined the whole thing with a single radio interview. "I met Taylor Swift — that was really nice," Healy said during a recent interview

with Shazam Top 20 radio. "We exchanged numbers. Let's see what happens."

I could tell you what's going to happen, Matt, but I don't want to spoil it. "I mean bloody hell, what am I going to do? Go out with Taylor Swift? She's a sensation, I wouldn't say no," Healy added. Oh Matt, buddy, I don't think that's up to you anymore.

Twitter



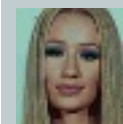
@SarahKSilverman

I have 3 spoons. I am a full grown woman & I own 3 spoons. Shouldn't I have like 10-12 spoons?



@ChloeGMoretz

Stealing pics from people's private accounts is rude and invasive. Just don't do it



@IGGYAZALEA

Santa snow spray is addictive. I'm spraying my entire house. F--- it.

METRO CUSTOM PUBLISHING

Give the experience of a lifetime

The best gifts — the most memorable gifts — are those that people would never buy for themselves.

That idea is central to the success of the recently launched Breakaway Experiences, says co-founder Dan Brennan.

"It might be that they'd never buy themselves something that exciting or that they'd always choose something more practical," Brennan says.

"So receiving an experience that they'd always wanted to try makes for an incredibly special gift."

Breakaway Experiences sells experience certificates for a remarkable range of packages in Ontario, Quebec and British Columbia, from spa visits, skydiving and bungee jumping, to romantic dinners, ballroom dancing, boudoir photography, polo, drag racing, and more.

The concept of Breakaway Experiences came to Brennan during his career in the travel business. Instead of buying a traditional gift for a good friend's wedding, Brennan contributed towards a vacation package and



SHUTTERSTOCK PHOTOS

was delighted when several other friends joined him.

"My friend and his wife absolutely loved the idea of us contributing towards an experience," Brennan says. "The wedding registry on the Breakaway Experiences website enables couples to invite wedding guests to buy experiences or gift certificates."

All of the experience certificates Breakaway Experiences sells can be exchanged and their value never expires.

For more information, please visit breakawayexperiences.com.

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Frugality isn't the other F-word

Money management.

Hang-ups about conscious budgeting can get in the way of good financial plans



GAIL VAZ-OXLADE
Gail blogs daily at
gailvazoxlade.com

Do you think people who are more frugal are so because of necessity? Do they think frugality leads to wealth? Or are they just uptight weirdos who will do anything to save a buck?

Stories abound about the “millionaire next door” who drives the 20-year-old rust bucket and wears the same pants he bought in 1942.

And there are a wealth of anecdotes about people who clip coupons, hunt the deals, shop very carefully to save cents because that's the only way they can make ends meet.

But what about the people in the middle; the folks who have enough to make do and then some. How careful are they about how they spend their money? And what drives them to be frugal if they are?

I was sharing some apps I'd recently been talking about on TV with a bunch of women when one woman said with a great deal of disdain, “We don't need to be careful. We make more than enough money and I like not having to think about it.”

Another in the group responded, “Hey, I like the game. I love seeing how much I can save each month. It feels like a win!”

So which camp do you fall into?

- a) I don't even want to think about it
- b) I love the game
- c) I have no choice

I'm not a rabid bargain shopper. I like a good deal, but no deal is good enough to make me spend money for something I don't actually need or really, really want.

So hearing there's a sale on at the TV store isn't going to make me go looking at TVs. In fact, if I'm not looking for something in particular, no flyer is going to make me head to the store for new shoes, garden supplies or patio furniture.

In my book, sensible spending and solid money management are as import-



Do you worry if being frugal may be perceived as cheapness? ISTOCK

Technology tips

I have some good news: Technology has made it easier than ever to save money while shopping, so you have the money you need to meet goals like debt repayment, retirement savings, and saving for your kids' future education. Here are five of my faves:

1 Flipp: Find what's on sale and clip it straight to your shopping list. You know how I feel about shopping lists. Never leave home without one! No more toting around flyers so you can price match. And if you're looking for something in particular, just type it into the search function.

2 Checkout 51: A Canadian app, you take a picture of your receipt and submit it and

the products featured give you cash back without your having to clip a coupon. When your account hits 20 bucks, you ask for a cheque. Download CartSmart and SnapSaves and make your receipts do triple-duty!

3 Gasbuddy: Find the cheapest gas wherever you are and earn points for gas prices you report to the site. This is community shopping at its best.

4 Redlaser: Tired of hauling around all those loyalty cards? Download Redlaser and you won't have to. Need I say more?

5 BillMinder: Have trouble keeping track of when bills are due? This app is for you. See all your bills, record the date paid and even export to Excel. Nifty.

Quoted

“If you make the effort and take the time to watch your money, you can grow a pretty satisfying nest egg on a relatively small income.”

idea of holding up the check-out line with their myriad coupons.

Others don't want people to think them “cheap.” Still others just can't be bothered with hauling around flyers for price matching or pulling out the right loyalty card to earn points.

Saving money should simply be a habit.

And when you find yourself becoming complacent — when you think you have so much money that you don't consider cost a factor in your purchase decision — it's time to pinch yourself.

You've wandered into dangerous territory.

ant as how much moolah you're bringing in.

After all, if you spend every cent of your salary, no matter how enormous it may be, you will still wind up in Debt Hell.

Witness what happened in Alberta in the last couple of years as people's incomes skyrocketed and their ability to borrow went right on up, too.

Albertans have the highest level of debt in the country — so much for those great incomes — and their net worths are falling like a rock.

If you make the effort and take the time to watch your money, you can grow a pretty satisfying nest egg on a relatively small income.

That's where the “blue-collar millionaire” phenomenon was born. Once upon

a time, blue-collar workers were seen as just making ends meet.

Then financial institutions woke up to the reality that lots of people with average-Joe salaries had stockpiled quite the basketful of money simply by making saving a priority.

There are all kinds of reasons why people eschew frugality. Some folks hate the

Finding success in art by thinking like a CEO

Career. One non-profit wants to help artists and performers navigate the world of business

LAKSHMI GANDHI

Metro in New York City

If there's one thing that Adam Huttler wants the world to know, it's this: There's no reason to glamorize the concept of a starving artist.

"There's sort of this romantic halo to this self-marketed artist who only knows art, but it's not doing them any good and it's not doing anybody any good," says Huttler, founder and executive director of Fractured Atlas, a tech company that provides support to working artists.

Micheline Heal, a dancer and choreographer living in New York, agrees. Heal says that when she started performing professionally she knew little about the business aspects of the dance world.

"When I first started I was advised by an accountant, 'You really need to start separating personal finance from your company financing and oh, by the way, you can accept non-profit donations,'" and I was like, 'What?'" Heal recalls.

While doing research, she discovered Fractured Atlas' online resources and says they have helped her get her career off of the ground.

"I think what's really worked for me is asking a

Let's get real

"There's sort of this romantic halo to this self-marketed artist who only knows art, but it's not doing them any good and it's not doing anybody any good."

Adam Huttler, founder and executive director of Fractured Atlas



Adam Huttler LINKEDIN.COM

lot of 'dumb' questions and try and try to get as much advice as you can on every single business aspect, because unless you have a business background, you really aren't going to know," Heal continues.

We sat down with Huttler to talk about Fractured Atlas and the things that every working artist should keep in mind as they build their careers.

How important is it for an artist to think like an entrepreneur?

It's hugely important. Artists — whether they like it or not — are small businesses. Usually, they go to school where they focus on craft, more or less exclusively — and obviously you've got to have the talent. But then they find themselves out in the world and realize "Wow, I need to know about fundraising, I need to know about marketing, I need to know how to make a budget."

What are some of the more

common questions that younger artists have when they come to you?

It's all over the map. I think that a lot of people just don't know where to get started and they might have some vague sense of what they need. They'll come to us wanting help with a grant proposal and in the process of helping with that grant proposal there's a lot of technical assistance and coaching that happens along the way.

And can you tell us about the Arts Entrepreneurship Awards that you are currently collecting nominations for?

It's our second year doing the awards. We've always been an entrepreneurial organization ourselves, we've always been launching new initiatives.

So we've been championing this, but this is the first time we've been able to plant a flag and say, "This is entrepreneurship and this is what we want to see more of in the field."



Perhaps it's time to paint yourself with the brush of a business person as well as that of a budding artist. ISTOCK



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Future boss, welcome to my bachelor pad



OFFICE SPACE
Eleni Deacon
life@metronews.ca

Dear Metro,

I have a Skype interview this week for a new job. It's a big position, and I want to look professional. Problem is, I live in a crummy apartment with loud, nosy roommates. I'm afraid I'll be interrupted or come off like an unprepared kid. How can I make myself seem more polished?

— Incoming Call

Dear IC,

Skype interviews aren't an invitation to talk shop in your undershirt while eating Spaghettios. Treat it like an IRL assessment: Comb your hair, and be prepared.

Your home may not be the 11th-floor boardroom, but you can stage a neutral set-up. Keep your background simple: Blank walls are best.

If your roommates are so

They're hiring you, not your home

If you do lose your Wi-Fi, keep cool; your prospective employers will be judging your reaction to stress more than your flaky Internet connection.

reckless they can't respect a "PLEASE DO NOT DISTURB" text, consider renting a sealed meeting room at a shared workspace or library. Just make sure they have a solid Wi-Fi connection.

And on that note, remember that it's more about you than your surroundings. If you do lose your Wi-Fi, keep cool; your prospective employers will be judging your reaction to stress more than your Internet connection.

Same goes for your roomies: If they bust onscreen wearing body paint and swinging a bottle of Jack Daniels, ask them to leave in a professional manner. Then eat their cookies later.

Dear Metro,

I share a small office with a really nice guy — who

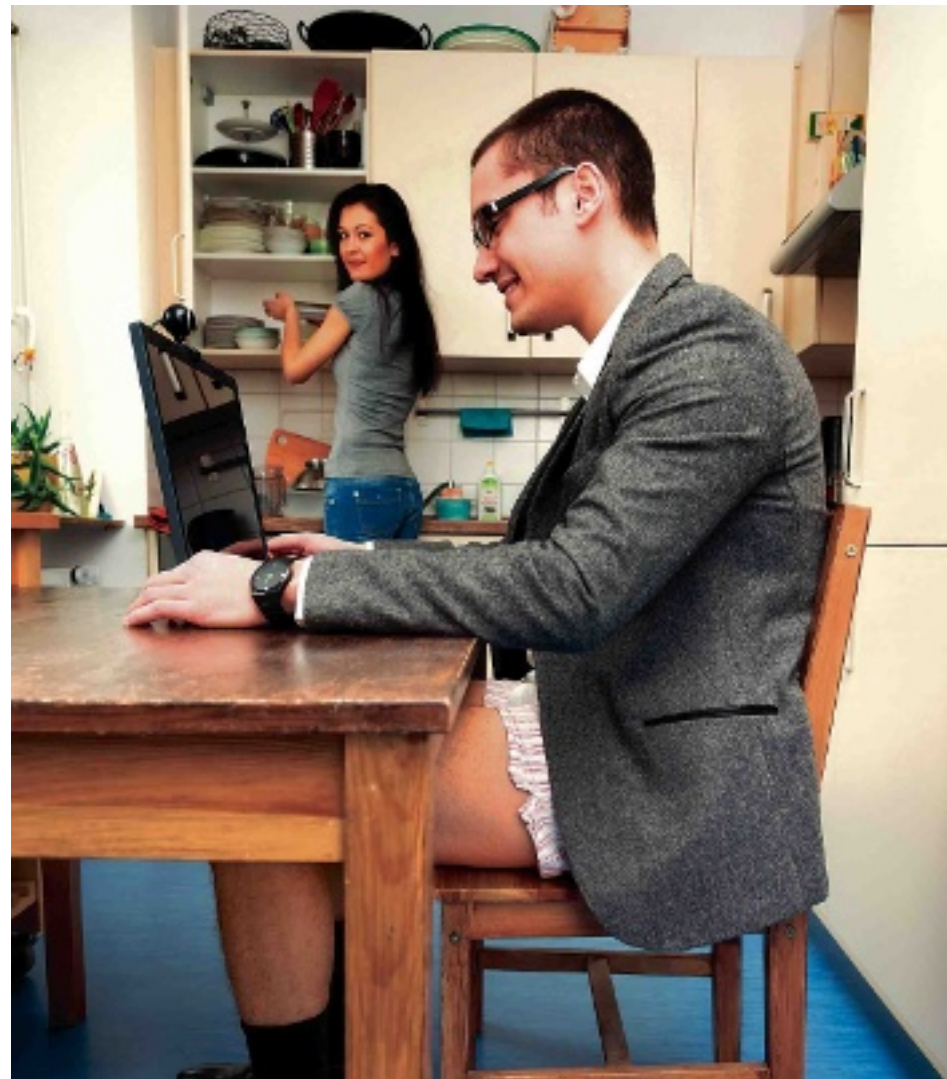
is also anal-retentively clean. He won't let me touch anything. He even gets finicky when my own desk gets cluttered! I'm the type of person who likes a little lived-in mess, and I'm finding his rules really aggravating. How can we find a middle ground?

— Must Maintain Some Mess

Dear MMSM,

He: likes Lysol wipes. You: want to work among knickknacks and paper stacks. The match is not ideal — but there are techniques to Swiffer your tensions away.

How "alive" is your "lived-in" disorder? If your corner is a dumping ground for empty Tim Hortons cups and, say, old copies of Metro



If your only at-home interview option is to answer questions from a chaotic kitchen, consider seeking out a quiet meeting space in your community. iStock

circa 2012, the problem isn't him — it's you.

A certain level of professional cleanliness is expected at any office, and you first need to check your own mess.

If he's overly must-dust clean, set some boundaries. Your desk is your own office real estate, and he shouldn't

get all twitchy if you leave some mail next to your phone. Respect the common areas, but explain, politely, that your brain functions better in clutter.

You could also make a schedule: Say you'll tidy once a week and stick to it. He can't fret on Monday when

housekeeping day is Thursday. Or just let the guy clean. Saves you from doing it yourself.

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NBA

Spurs show jump in Pop's return

There was a familiar face on the San Antonio bench and the usual result on the scoreboard.

With coach Gregg Popovich guiding his defending champions again after a two-game absence, the Spurs beat the Boston Celtics 111-89 on Sunday for their seventh straight win.

"There's a comfort zone there having him at the helm," San Antonio forward Tim Duncan said, "good to have him out there and good to hear his voice."

The Spurs won both games under assistant Ettore Messina while Popovich was out because of an undisclosed minor medical procedure.

THE ASSOCIATED PRESS

Gordie Howe

Hockey great's vital signs good

Gordie Howe is comfortable as he makes a long recovery from two strokes, but the hockey great can't walk and has limited speech, one of his sons said Sunday.

Mark Howe said his 86-year-old father's vital signs are good and he's aware of the reasons for his condition. He added that an epidural reduced pain stemming from spinal surgery last summer.

THE ASSOCIATED PRESS

Figure skating

Canuck ice-dancers win in Japan

Kaitlyn Weaver and Andrew Poje of Canada won the ice dance event at the NHK Trophy on Sunday in Osaka, Japan, to secure a spot in the Grand Prix Final.

Weaver and Poje won the free dance on Sunday to finish with a total of 169.42 points and claim their second Grand Prix series title following a win at Skate Canada.

THE ASSOCIATED PRESS



Kaitlyn Weaver and Andrew Poje GETTY IMAGES



Bulls beat up on Nets in Brooklyn

Chicago Bulls centre Joakim Noah leaps for a rebound against the Nets at Barclays Center on Sunday in Brooklyn. Jimmy Butler had 26 points and Pau Gasol had 25 points and 13 rebounds, leading the Bulls to a 102-84 win. AL BELLO/GETTY IMAGES

Stamps overturn Ticats' title hopes

CFL. Hamilton fans leave Vancouver with heavy hearts after late penalty on Banks' TD



No lead is safe in the CFL. It's a slogan the nine-team league prides itself on.

In a year when the quality of the product on the field was questioned and criticized, the 102nd Grey Cup had the makings of a blowout in the first half but produced another thrilling finish. At first, the underdog Hamilton Tiger-Cats looked like they were in for another embarrassing loss in the title game.

Their comeback attempt fell short.

Brandon Banks, the speedy and small kick returner, appeared to score the go-ahead touchdown late in the fourth



The Stampeders hoist the Grey Cup after Sunday night's 20-16 win over the Tiger-Cats at Vancouver's BC Place Stadium. PAUL CHIASSON/THE CANADIAN PRESS

quarter on a punt return.

A penalty for illegal block on the return nullified the score. No touchdown. Banks, who got room to the outside and outran everyone to the end zone, was crushed. He put his hands to his face and fell to the turf.

The Calgary Stampeders, so dominant in the opening half, held on by a final score

of 20-16 before a crowd of 52,056 at BC Place Stadium on Sunday.

The Stampeders and 24-year-old quarterback Bo Levi Mitchell, showing the potential of an up-and-coming star, looked unstoppable at one point. And that was without a big performance from Jon Cornish, who was contained to only five yards rush-

Grey Cup Game

20	16
Stampeders	Tiger-Cats

ing in the first half.

Six plays after a Nic Grigsby fumble and Hamilton recovery for a loss of 29 yards, the Stampeders opened the scoring in the first quarter on a Drew Tate rushing touchdown.

Tate scored a pair of rushing touchdowns for Calgary, which led by 17-7 at halftime.

This game hinged on few big plays, the penalty on the punt return being the biggest. The Grigsby fumble was another, as was a Justin Medlock blocked field goal attempt in the opening half.

The Stampeders' victory gives them their first Grey Cup since 2008.

Packers hold off New England

Firm defence.

Aaron Rodgers edges Tom Brady in the all-star quarterbacks' first-time clash as National Football League starters

Aaron Rodgers threw for two touchdowns, Eddie Lacy powered for key yards in the fourth quarter and the Green Bay Packers fended off the New England Patriots 26-21 Sunday in a high-profile matchup between Super Bowl contenders.

Rodgers bested Tom Brady in the first meeting between the star quarterbacks as starters. Rodgers connected with Richard Rodgers and Jordy Nelson for long touchdowns.

Leading by five, the defence held firm late for the Packers (9-3). Mike Daniels and Mike Neal combined to

On Sunday

26	21
Packers	Patriots

sack Brady on third down for a nine-yard loss, and kicker Stephen Gostkowski pushed a 47-yard field-goal attempt wide right with 2:40 left.

The Packers sealed it after Rodgers converted to Cobb on third-and-four with the Patriots out of timeouts.

Brady finished with two touchdown passes to Brandon LaFell for New England (9-3), which had its seven-game winning streak snapped.

The second score came from 15 yards early in the fourth quarter to get within 23-21.

The lead could have been wider for the Packers if not

for some hiccups in the red zone.

Green Bay settled for four field goals from Mason Crosby of 35 yards or less, including a 28-yarder to make it a five-point lead with 8:41 left. That kick came after rookie Davante Adams dropped a potential touchdown pass on third-and-five from the New England 10.

On his knees, a frustrated Rodgers buried his helmet into the turf in frustration.

But he was celebrating at the end. Green Bay has won four in a row and right of nine.

The Packers had been blowing past opponents at home with big early leads, turning the final 30 minutes of games at Lambeau Field into glorified practices. But this game had the feel of a championship fight down to the final minutes.

New England punched back after falling behind 13-0 in the first quarter.

THE ASSOCIATED PRESS



Green Bay Packers quarterback Aaron Rodgers is sacked by New England Patriots' Dont'a Hightower and Zach Moore during the first half of their game Sunday, in Green Bay, Wis. TOM LYNN/THE ASSOCIATED PRESS

Shorthanded City nabs second from Southampton



Yaya Toure shoots to open the scoresheet for Man City at Southampton on Sunday in Southampton, England. MIKE HEWITT/GETTY IMAGES

Manchester City cut Southampton down to size by dislodging the overachieving side from second place in the Premier League on Sunday, while Tottenham produced another comeback to beat Everton.

Defending champion City was frustrated in the first half at St. Mary's, but Yaya Toure, Frank Lampard and Gael Clichy netted to claim a 3-0 victory. The last two goals came with City down to 10 men following Eliaquim Mangala's 74th-minute dismissal.

"We knew what we were

He scores (finally)

593

Tottenham striker Soldado scored his first goal in the English Premiership since March, a dearth of 593 minutes.

coming up against today, a very good team in very good form," Lampard said. "I think you could see from the outset today that our attitude was absolutely bang on."

With Arsenal and Manchester United up next, this was a disappointing start

to a sequence of games that will show how realistic Southampton's top-four ambitions are.

Tottenham, led by former Southampton manager Mauricio Pochettino, is just two points from the Champions League places after beating Everton. Goals from Roberto Soldado and Christian Eriksen scored saw Tottenham come from behind to win 2-1 for the third time in four league games.

Chelsea ends the weekend with its lead cut to six points after failing to score

for the first time this season in Saturday's 0-0 draw at Sunderland.

At White Hart Lane, Soldado clinched Tottenham's win with his first league goal since March — a barren run of 593 minutes.

"It hasn't been easy," Tottenham manager Mauricio Pochettino said. "It's always frustrating for a striker when he doesn't score ... he's (been) feeling the pressure."

Spurs climbed three places to seventh, leaving Everton in 10th.

THE ASSOCIATED PRESS

Violence in La Liga

Fan brawl kills one, injures 11

One man died and 11 others suffered minor injuries after a fight broke out outside Atletico Madrid's soccer stadium between its fans and those of visiting team Deportivo La Coruna, officials said Sunday.

Madrid's Clinico San Carlos hospital said a man died of injuries sustained in the clash between rival fans that broke out hours before the game. Police made several arrests.

THE ASSOCIATED PRESS

At the 11th hour

Stoppage-time goal saves Barça at Valencia

Barcelona needed a stoppage-time goal by Sergio Busquets to secure a 1-0 win at Valencia on a day Spanish football was rocked by the death of a fan after a violent clash between rival supporters.

Barcelona remained two points behind leader Real Madrid after Busquets blasted in a rebound in the final seconds of injury time at Mestalla Stadium.

Lionel Messi started Barcelona's game-clinching move with a lobbed pass that Neymar header powerfully at goalkeeper Diego Alves, who did well to turn back the ball only for Busquets to drill it right back past him.

Messi appeared to be hit in the head by a water bottle thrown from the stands while his teammates piled on top of one another to celebrate the winning goal. The Argentine rubbed his head following the incident but was unhurt.

THE ASSOCIATED PRESS



Sergio Busquets, left, and Neymar celebrate Barcelona's goal at Valencia Sunday. AFP/GETTY IMAGES

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Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

With your ruler Mars allied to Saturn today you possess stamina, steadfastness and a taste for success. Decide on a target and go for it.

♉ Taurus

April 21 - May 21

The task you have to tackle over the next few days may not seem inspiring but once you get to grips with it you will find it engages your interest more than you imagined.

♊ Gemini

May 22 - June 21

Mars in the wealth area of your chart means you have important financial arrangements to deal with and you must do so from a position of strength. Know your worth.

♋ Cancer

June 22 - July 23

Something you have taken for granted turns out to be not so simple. Rather than be annoyed, dig deeper into the situation. What you find could send you on a voyage of discovery.

♌ Leo

July 24 - Aug. 23

Now is the time to get started on a task you've been avoiding. With Mars and Saturn on good terms today you will find it easy to concentrate.

♍ Virgo

Aug. 24 - Sept. 23

It may not be obvious where a certain situation is taking you but everything will be revealed in time. Trust your instincts over the next few days.

♎ Libra

Sept. 24 - Oct. 23

Something is missing from your life and you won't be happy until you find what it is. According to the planets it isn't "out there" in the world but "in here" in your heart.

♏ Scorpio

Oct. 24 - Nov. 22

An objective may not have been within your reach in the past but it will be over the next few days. All you have to do is put a name to your dream and then extend your hand to grasp it.

♐ Sagittarius

Nov. 23 - Dec. 21

Get down to essentials. What exists in your mind's eye could and should exist in the real world, so stop the excuses and make it happen.

♑ Capricorn

Dec. 22 - Jan. 20

Something you see or hear over the next 24 hours will inspire you to do more with your life. If someone who does not possess your talents and can be a success, so can you.

♒ Aquarius

Jan. 21 - Feb. 19

There is a job to be done and you know that you won't be able to move on in your life until it is finished. You don't like to feel you are being coerced but it's for your own benefit.

♓ Pisces

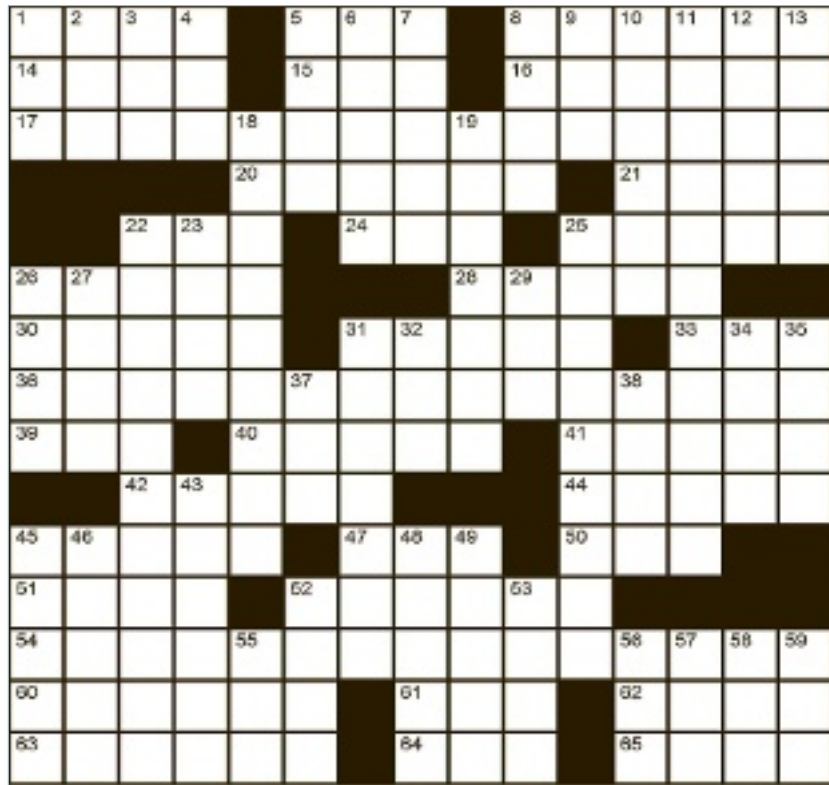
Feb. 20 - March 20

With mind planet Mercury at odds with your ruler Neptune make sure those you help really are in need, and not faking it.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Montreal Canadiens home, ___ Centre
5. Chef Lagasse's sound!
8. Francia's neighbour in Europa
14. Jazzy Ms. Laine
15. Airport posting, briefly
16. "Old ___" (1957)
17. Face creams might claim to stimulate this process: 3 wds.
20. Nullifier, at law
21. Mr. Berkus
22. Smidgen
24. ___ the Record Man
25. Ferry village on the Ottawa River
26. Ms. Swinton
28. Grads
30. Easy _____ (Simple)
31. Soap star Ms. Francis
33. Distant
36. Prince Philip's title: 3 wds.
39. Imitate
40. Saskatchewan village
41. Manicurist's board
42. God of wine in ancient Rome
44. Toronto's Loma, and others
45. Sagas
47. Prime meridian std.
50. Kyrgyzstan city
51. Dream: French



52. Pat Morita's character in "The Karate Kid" (1984)
54. Seamstress' workshop item: 2 wds.
60. Egg stone
61. Writer of 1856's Aurora Leigh ...her monogram
62. Barney Bentall & The Legendary Hearts

- song: 2 wds.
63. Musicals composer Jule, and surnamesakes
64. Frat. counterpart
65. "Revolutionary ___" (2008)

Down

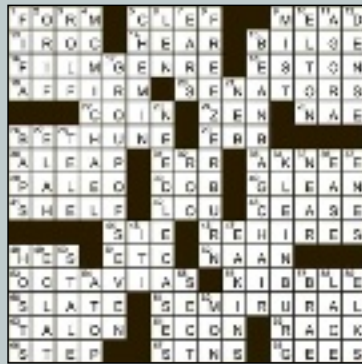
1. Cavemen yrs.
2. Wapiti

3. Hawaiian necklace
4. Mr. Chaney
5. BBC, cute-style
6. Sky's supporter
7. Mediterranean island
8. Glancer
9. John McCain, e.g.
10. Fully-packed assembly
11. Slogan for Tim

- Hortons: 2 wds.
12. "Peachy keen!"
13. "Over the Rainbow" co-composer Harold
18. Chambers-for-the-dead
19. Bucharest's land
22. American actress married to Canadian actor Ryan Reynolds:

- 2 wds.
23. "Why, ___ honoured!"
25. Inhabitant of the province to Ontario's right
26. "Voila!"
27. In baseball, goes to bat: 2 wds.
29. Ms. Ronstadt, for short
31. Atlanta's state
32. Summer hrs. indicator
34. Taj Mahal's site
35. Actor Mr. Darby
37. Charge
38. Ms. Thurman's
43. Traps the ship in Arctic waters: 2 wds.
45. Mathematician, Paul ___ (b.1913 - d.1996)
46. Ross who ran for President in the 1990s
48. Comedian Wanda
49. Billy Blanks fitness system: 2 wds.
52. Fr. titles for ladies
53. Eng., Scot. and Wales: 2 wds.
55. Queen ___. (Toronto thoroughfare)
56. Pres. monogram
57. "___ Baby Baby" by The Miracles
58. Shag rug kind
59. Huffy

Friday's Crossword



Online

See today's answers at metronews.ca/answers

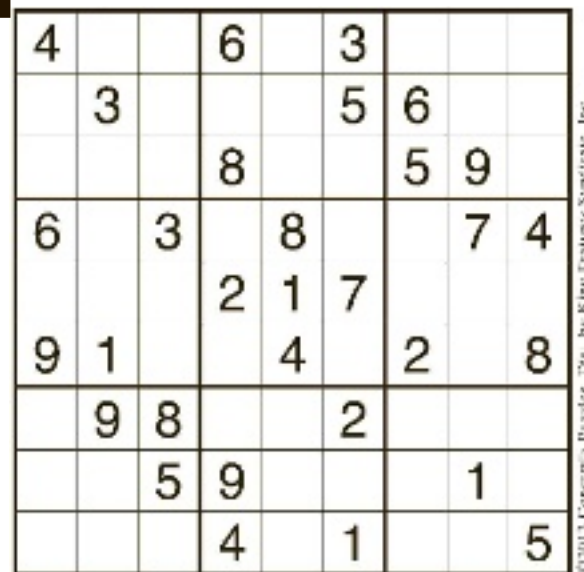


Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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HEY OTTAWA!

THIS HOLIDAY, SAY...

A photograph of actress Amy Poehler sitting on a light-colored floor. She is wearing a white sleeveless top and dark pants. She is pointing her right index finger upwards towards a neon sign. The sign consists of two rectangular panels, the top one saying 'YES' and the bottom one saying 'PLEASE', both in a bright pink neon font. The background is dark and textured.

YES
PLEASE

AMY POEHLER

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